

Lunch & Learn

October-December 2019



Home Health Services

Wednesday, October 16, 11:30 a.m.

Do you know the differences between Home Health and Home Care? Learn the benefits of home health services and when these services may be of value to you or a loved one. Presenter: Mary M. Benford, LPN, Transitional Care Manager (BWV), BAYADA Home Health Care

Fueling the Mind

Wednesday, November 6, 11:30 a.m.

Ever wonder what foods support a healthy brain? There are plenty of delicious options to add to your plate each day! Learn the latest research on the essential foods for Alzheimer's and dementia prevention. Presenter: Thu, a nutritionist with Giant

Falls Prevention

Thursday, November 7, 11:15 a.m.

Learn tips on preventing falls and walking with more confidence. Presenter: Jay Berger, PT, CPD, Rehab Smarter©

Virtual Reality

Wednesday, November 20, 1:30 p.m.

Where have you always dreamed of visiting? Explore new places while using Google Expeditions virtual reality headsets. This is a joint program with the Urbana Regional Library.

Exercise and Disease

Wednesday, December 4, 11:30 a.m.

Do you know the importance of exercise in prevention AND treatment of disease? Learn some exercise modifications or "things to watch" with specific diseases, such as heart disease, Parkinson's, MS, lung diseases, and cancers. Presenter: Laura Hartman, MS, Exercise Physiologist, Sage Physical Therapy and Wellness

**There will be an optional lunch served at Noon, \$5.00.
Meal reservations are due 48 hours before each program date.**

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+
301-600-7020; 9020 Amelung Street, Urbana, MD 21704

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